



Team Nutrition e-Newsletter – sharing Team Nutrition resources and ideas
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The Team Nutrition e-Newsletter will publish periodically to share Team Nutrition resources developed by USDA and State agencies, and share ideas for implementing Team Nutrition at the State and local levels to promote healthy eating and physical activity.

In this issue –

1. Connecticut at Play – a statewide physical activity challenge in schools
2. Pyramid Between the Pages from Michigan Team Nutrition
3. Linking classroom, cafeteria, and community nutrition teams in PA



Ideas to increase children's physical activities

Connecticut at Play with Connecticut Team Nutrition is funded at least in part with a USDA Team Nutrition Training Grant. Connecticut at PLAY is an annual Physical Activity Challenge for Connecticut's schools, sponsored by the State Departments of Education and Public Health, the Governor's Committee for Physical Fitness, the University of Connecticut, and Eastern Connecticut State University.

Connecticut's Physical Activity Challenge targets children in grades K-8. The purpose of the Challenge is to encourage children to be more physically active throughout the day, both at school and at home. The Physical Activity Challenge is structured for a 4-week period during March 2003, National Nutrition Month. This provides opportunities for schools to tie healthy eating messages to the physical activity promotion. For more information check out the Web site at <http://www.team.uconn.edu/teachers.htm>



Ideas to link nutrition and physical activity education with literacy

Pyramid Between the Pages with Michigan Team Nutrition is funded at least in part with a USDA Team Nutrition Training Grant. Pyramids Between the Pages is a mini-pack developed by Michigan State University Extension, designed for use with children in kindergarten through third grade, which can be integrated into the reading curriculum. The goals of Pyramids Between the Pages are to link nutrition and physical activity education with literacy, and to reinforce positive reading, eating and health habits that can potentially last a lifetime. Each mini-pack contains six books with positive food and physical activity messages, a leaders' guide with lesson plans including hands-on activities for children, as well as parent handouts including ways to encourage children to become lifelong readers, physically active and healthy eaters. Recipes that coincide with the books read in class are also provided. Suggestions for nutrition education reinforcement items for each book are also included in the mini-pack, as well as an apron for the educator to wear while conducting the lessons and classroom cooking activities. For more information, check out the Web site at <http://www.msue.msu.edu/fnh/tn/PBTP.html>



Ideas to garner school and community support for promoting children's healthy eating behaviors.

Linking classroom, cafeteria, and community nutrition teams with Pennsylvania Team

Nutrition is funded at least in part with a USDA Team Nutrition Training Grant. This is a Project PA publication that documented success stories and activities held in the cafeteria, classroom, and community to promote Team Nutrition messages. It can be used to motivate educators, parents, and community to develop strategies for expanding nutrition messages from the school cafeteria into the classroom and beyond. It also demonstrated ways to identify Team Nutrition supporters, and how to communicate healthy eating messages to students. To download this publication, visit the Web site at

http://nutrition.hhdev.psu.edu/projectpa/frames_html/frames_ss_enter.html

About USDA's Team Nutrition - Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide *training and technical assistance* to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated *nutrition education* for children, their parents, and other adults who influence children's behavior; and 3) build *school and community support* to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to USDA Web site at <http://www.fns.usda.gov/tn>